

OBSERVATIONS  
ON  
THE NATURE AND TREATMENT  
OF  
CONSUMPTION;

ADDRESSED TO  
PATIENTS AND FAMILIES.

CHIRURGICAL SOCIETY  
EXCHANGE  
DUPLICATE

BY CHARLES PEARS, M. D. F. L. S.

MEMBER OF SEVERAL LITERARY SOCIETIES, DOMESTIC AND  
FOREIGN; LATE LECTURER ON THE STRUCTURE AND  
MANAGEMENT OF THE HUMAN BODY, &c., &c., &c.

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A slender and delicate diet is *always dangerous* in lingering diseases.—*Hippocrates.*

*Bleeding*—is *never* allowable in—*consumption.*—*Etmuller.*

A physician ought to imitate nature.—*Dr. Barker.*

I do not despair of a *remedy*—for consumption—being found hereafter.—*Dr. Cullen.*

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## ERRATA.

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- Page iii., last line, for . after "families," read ;.
- viii., last line but one, omit . after "consumption," and the *it* in the next line.
- ix., line 1, after "encrease," make the , a ; and read note †, at p. viii., after the word "feet," in line 12.
- x., line 7, after "desk," omit . and read ;.
- xi., third line from bottom, omit the word "it."
- 3, line 4, omit . and read ;.
- 4, line 4, for "seeing," read *regarding*.
- 4, line 8, omit , after "necessarily."
- 8, note: line 3, for p. ii. read p. v.
- 16, line 12, after "milk," read *and spices*.
- 17, line 15, read *as* before "sitting."
- 21, line 17, add *are* as the first word, and omit it as the sixth word.
- 34, note,\* line 1, after "works" read *ibid.* for note 7, read note.†
- 36, notes, line 8, for note 7, read note‡.
- 42, notet, line 3, for "Harrot," read *Harriot*.
- 45, line 11, after "cure" omit , and read ;.
- 46, line 4, for "are" read *one*.
- 43, line 5, note\*, after "seldom" add *great excitement, and*.  
line 7, add ; after "Stimulants."
- line 13, for "tenit" read *Tincture*.
- 49, line 3, for "soon" read *quickly*.
- 29, notet, read Dr. Barker's Essay, &c., p. 58.
- 30, notet, read Dr. Barker's Essay, &c , p. 157.

*In a short time will be published by the same Author,*

THE CASE of a FULL GROWN WOMAN, in whom the Ovaria were deficient ; read before the Royal Society ; with Observations.

OBSERVATIONS on the NATURE and TREATMENT of CHOLERA MORBUS, (or the prevailing Stomach and Bowell Complaint, of Spring and Autumn,) called the English Endemic ; recommending a new and effective mode of Treatment.—With an Appendix on the Bowell Complaints of Hot Climates.

OBSERVATIONS on the Nature of that General Irritation—*Miscalled* FEVER : and the *fatal* effects thereby produced in Practice. With Remarks on the Nature and Fallacy of the PULSE, *individually* considered.

## INTRODUCTION.

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THE following FAMILIAR OBSERVATIONS ON CONSUMPTION, originally appeared in a respectable periodical work. They were added to the *Medical Reports* of a charitable institution,\* where that department was under my direction, and called forth by the great prevalence and severity of the disease, in those months (of March, April, May, and June,) when they were written for the use of *patients* and *families*.

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\* THE ENDEAVOUR SOCIETY for promoting unity and charity, according to the principles of the *established Church of England*, with a medical and midwifery department. The medical reports were published monthly, with the addition of popular observations on diseases, for general use.

The ravages of such a wide wasting disease, leaving no individual *uninterested*, either directly for themselves, or indirectly for their relations and friends. They were favorably received, with approbation and partiality, and it was thought by others, that they might be usefully printed separately, as affording directions to *consumptive patients* for their general MANAGEMENT; with observations on the NATURE of their disease, and its obvious REMEDIES.

The *authorities* adduced, were intended not only to evince but PROVE the *absurdity* and *danger* of the common treatment in consumption; and also the *natural* one it requires. Their chronological order is generally preserved, although an occasional deviation is allowable in the application of authorities.

In the following pages, some addi-

tions have been made, and observations introduced on subjects *connected* with the nature and treatment of CONSUMPTION ; but no “ cases ” have been added, as this address does not allow of such enlargement, which has been already before the public, and can be adverted to if the proofs are desired.\* The first case is that of myself, upon whom the plan was first tried, as it ought to be ; and the rest are those, in whom it was afterwards pursued. In all which, as Dr. Heberden says, “ the notes were taken in the chambers of the sick, from themselves, and from their attend-

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\* See CASES OF PHTHISIS PULMONALIS or Consumption of the *Lungs successfully* treated upon the Tonic plan, with Introductory Observations.—Highley, 24 Fleet-street, 1801, price 2s. 6d.

[It may be proper to notice here, that in these cases the typographical errors which so negligently escaped the printer, after *repeated* corrections, are merely and exclusively *verbal*.



ants ;”\* and where alone (it may be added) they can be collected with effect, by an attentive and patient hearing and inquiry of particulars. This is necessary to ensure *practical* success ; for as Dr. Johnson observes,† “ there can be no security in the consequences, when the premises are not understood.”

The UTILITY and IMPORTANCE, therefore, of *directing* the attention to *influence* the mind in the natural management of a disease so much extended in its merciless and destructive ravages, must be self-evident.

Many *additional* causes (besides the usual ones,) have contributed to pro-

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\* Dr. Heberden’s “ Commentaries on the History and Cure of Diseases :” preface p. vii., 3rd edit. 1806.

† See his “ Tour to the Hebrides, on the *Second* Sight of Scotland.”



duce this dreadful increase ; and more especially

THE INCREASED VARIABILITY OF  
OUR ATMOSPHERE.

THE PREVAILING FASHIONS.

THE INCREASED MERCANTILE INTERESTS, and

GENERAL INTEMPERANCE, EXCESS  
and DEBAUCHERY.

The first producing a general effect upon ALL ; the second more especially on WOMEN ; and the third and fourth *more* particularly on MEN.

The CLIMATE of England, which so proverbially favors *consumption*, from its perpetual vicissitudes, has lately undergone an unusual and extensive variety of changes. The *thermometer* proves these to have been very remarkable and excessive ;\* and the effects produced

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\* This must have been particularly noticed by every person who attends to meteorological concerns.

upon the *constitution* in GENERAL ; on *invalids* in PARTICULAR ; and in *consumption* ESPECIALLY, have been in proportion.

The general prevalence and influence of FASHION in *women* by exposing the body in thin cloathing, to sudden transitions of heat and cold, in large companies and public places, and especially to night air, with a culpable (and almost studied) inattention to warmth, especially of the chest and feet, inducing what is called, and therefore long disregarded, as being *only* “ a common cold,” with cough, and all its sad attendants, in the ever ready train of *consumption*. It has lately produced an abundant

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In the summer of 1808, (July 13,) the thermometer was as high as  $90\frac{1}{2}$ . See the observations on this remarkable time, in the Literary Panorama, for September, 1808. And in the winter of January, 1811, it was as low as 19, (13 degrees below the freezing point).

increase, and should the *too early* use of long or stiff STAYS,\* *continue* to prevail, THEY must be added to the list of prolific causes, which swell the dreadful catalogue of woe.†

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\* Stays should never be worn *during* growth; any confinement *then* is injurious, and produces disease and deformity. The finest shapes are those that have grown unconfined and naturally. Since the use of stays have been discontinued, during growth, there have been much *better* shapes than ever. It also secures present advantage, and future benefit, when women become mothers. The Emperor Joseph II., of Germany, published an edict against the use of stays.—A very celebrated artist, in a conversation we had on the subject of stays, and the effects they produced, observed:—It is artists and medical men, who must remedy the evil, by setting their faces against it. “*We* must make all our female figures Grecian, and more graceful *without* such stays; and *you* must prove their mischievous effect on the health and body: but we shall do more than you can; because they will attend MORE to *appearances* than to *health*.”

† Flannel worn over the chest, and cork-soled shoes, are excellent preventives.

The *increasing* MERCANTILE *interests* of the country which have confined a greater number of *men*, in early age, to the sedentary avocation of the counting-house and office, with the head inclined downward, and the chest pressing against the desk. Often in a small room in a confined situation, where many others are engaged ; and where each of them must respire, for hours, the combined and impure mixture of the breath and general exhalations from the whole, have contributed, in an ample degree, to the general and lamented evil.

General INTEMPERANCE, EXCESS, AND DEBAUCHERY, are such prolific and increasing sources of consumption, that more than one-fourth of the whole number may be included under this head. How many consumptions may be traced to such an origin—how many are the fatal

consequences thus produced, and frequently concealed, till they become hopeless! A comparison, indeed, of what men *were*, with what men *are*; the visible degeneracy of *mind* and *body*, the impaired constitutions, and diminutive stature of the present race, will abundantly evince. *Temperance, regularity,* and social order, are the only remedies for these evils, and that attention to their duty and their interest, which only can and will secure the advantages of both by avoiding the evils necessarily produced by the contrary.

General intemperance under all these circumstances, therefore, aided by such universal indulgence and excesses in every way injurious to the regularity required by the constitution; it is so far from being singular, that such widespread effects of devastation are pro-



duced, that it is only the reverse which appear so !

Hence the number of victims continually before us ! How many beloved and affectionate sufferers are ever anxiously seeking the means of escape from their merciless enemy !

How many anxious relations and friends, mothers, sisters, wives ! are sedulously bemoaning over the objects of their tenderest solicitude and fondest affection—in vain ! How many patient sufferers grasping to receive the benefits which their fondest wishes—all their united efforts *cannot* impart ! while the body, sinking under the combined effects of a debilitating disease and aggravating treatment—daily and visibly before them — consigns the mind to hopeless anticipation !

Wasting in the bloom of life—many

are pining away under the influence of MENTAL AFFECTIONS (without hope and without remedy—for medicine, alas! affords no remedy to a diseased mind!) or the ravages of that fell destroyer, whose natural and more inveterate *enemies* are, *youth—beauty—and excellence!*

And where *such* are removed from our care, our admiration, and affection, we may well—and sadly—exclaim with an admired Poet—

“ My soul—’tis the *survivor*—dies !”





# OBSERVATIONS

ON

## CONSUMPTION.

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THE general prevalence and fatal tendency of Consumption in this country, renders it an object of the most serious regard, and always entitled to the most attentive consideration. *Every* individual may be said to be *personally* interested in it, because almost all have felt its effects either in themselves, or in their friends ; and in *such* a variable climate as that of Britain, and under such constant exposure to its effects, who can be called secure, or exempt from its influence ? No other disease is

so common ; none so fatal ! Yet with such opportunities for *experience* and *observation*, why is the general result of its common treatment, as hitherto usually pursued, so peculiarly unfortunate ? Is it from the unyielding and obstinate nature of the circumstances which produce and encourage it ? or, are we rather to seek for these effects in an improper adherence to, and perseverance in, a mode of treatment, which every day's experience, and the result of almost *every* case, so decidedly *proves* to be fallacious, and *contradictory* to the nature and indications of the disease ?

If a general line of practice has been uniformly and decidedly ineffectual, surely it is a sufficient warrant to seek such other modes, as at least *cannot* be worse, and *may* be better. If the *regular practitioner* be so blindly wedded to

system, that he peremptorily refuses to leave a theory, *because* he was taught it in the schools, and which every day's experience refutes for its absurdity. Nature may be discarded as an useless and ineffectual teacher, and those whose prime concern it should be to watch and improve by her unerring instructions, must infallibly become the dupes of their own temerity. Not so easily, however, does the patient escape; for confined to certain *rules* of ART, in direct *opposition* to those of *nature*, he falls a sacrifice to an ill-placed confidence on a misnomer; and following those who grasp at the shadow and lose the substance, disappointment and death must be the inevitable consequence. Under these circumstances, we find only those recover, who have (most wisely and consistently) *disobeyed* the rules by which they were to have

been confined ; and the attendant parents and friends, most *naturally* perceiving what the *theory* of ART *prevents* the medical attendant from seeing, have as judiciously concluded, that such an exhaustion of strength, and expenditure of natural power, was only and *necessarily*, to be recovered by invigorating means ; and, therefore, have neglected those debilitating sources, which were not only *enjoined*, but persevered in, even while the poor and emaciated patient has been absolutely sinking under their use, daily and visibly before them.

As the present mode of practice does not allow of a deviation from this common rule, so when empirics have ventured to adopt a different plan in solitary cases, even *they* have found greater success attend them, than regular practice could insure. How important then is it to watch the *nature* of the dis-

ease, and regulate the treatment by such *indications* as are thus pointed out to us ! *Every* symptom of CONSUMPTION *proves* it to be founded in *debility*. How then can *debilitating means* insure recovery ? The action thrown *upon* and excited *in* the lungs, the irritation (called fever), the night, or rather morning perspirations, loss of appetite, emaciation, expectoration, general and increasing debility, all and each of them evince the *nature* and tendency of the disease ; the shock that nature has received ; the injury she sustains ; and the only obvious and natural means of cure, by restoring the strength, and healthy functions of the constitution. Is this to be done by debilitating the person still more ? Is an *increase, continuance* and *extension* of those means which have induced the disease, a very probable or natural mode of *removing* it ? Is



an exhaustion of *strength* the way to recover a patient, whose illness arises from the *want* of it? Why then is it persevered in? The irritation, *called* fever is said to be founded in *high* action. The *pulse* and *every other* indication *prove* the reverse. The pulse is quick, but it is *weak*, as every quick pulse must be, and if this (consumptive) pulse indicates *high* action, and too much health, then are we in the best state of health, at the very moment of death; for then is our pulse necessarily and unavoidably *quicker* and *weaker* than ever—because our weakness and approaching dissolution make it so. On the other hand, we find, that every invigorating means produces a corresponding good effect in relieving and subduing the symptoms; according to the state of which, both FOOD and MEDICINE must be directed with this view; and do which, is all that the practitioner



is called upon to regulate. Thus is the strength of the patient induced, and his recovery insured ; while the debilitating and fatal means of *bleeding* and *starving* proportionally hasten and *secure* his premature dissolution. Had not these effects been so frequently witnessed, the public would not have been troubled with any observations respecting them, in this or any other form.—See Preface, p. v, note.\*

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THE CAUSES of CONSUMPTION are ALL *such* as produce *debility*. These are as various as their sources ; more especially previous disease, and not unfrequently the *medical treatment* employed for them. Affections of the *mind* in WOMEN ; and improper indulgencies in MEN, are *never* to be overlooked, and *especially* what is called a “ common cold,” improper exposure to heat or cold,

severe weather, night air, wet feet, damp linen, &c.\* For these reasons the advances of Consumption are so frequently disregarded or denied; being at all times so insidious and deceptive, that the disease has often made a rapid progress before its existence is either suspected or believed. The SYMPTOMS of Consumption advance, as the *debility* of the patient *increases*. General, but progressive weakness, and emaciation, languor,† variable appetite, impaired digestion, frequently a pain in the chest, cough, expectoration, restless nights, impeded respiration, fever, (especially in the afternoon) with flushings

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\* WORMS is a very *common* and *unsuspected* cause of consumption. See a remarkable instance in the "cases" mentioned in the preface p. ii. (Case viii, p. 30.)

† This often produces a disinclination for exercise, and has been harshly regarded as an idle indulgence; but it arises from general debility and want of energy in the habit.

in the face ; a quick and weak *tremulous*, *wiery*\* pulse, perspirations before rising from bed, dejection of spirits, an irregular or relaxed state of bowels, hoarseness of voice, swelled legs, soreness or rawness from pressure in laying in bed, &c. ; and a peculiar (characteristic) irritability of temper. But as much variety prevails both in their degree and duration ; a corresponding change of opinion is induced, and a disinclination in the patient to believe the existence of an evil so much, and so justly dreaded ; leading them to form future plans, renew leases, order new clothes, propose journeys, &c. As this disease is founded in DEBILITY, (which *every* symptom of it evinces and *proves*) the CURE consists in *invigorating the whole system*. FOOD and MEDICINE must be

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\* Giving the idea of a *thin* wire vibrating under the finger,

directed to this end, to gain time, and enable the constitution to recover its natural and healthy powers. The *food* should be of the most nourishing and invigorating kind ; animal food, strong broths,\* and beef tea, poultry, game, wine ; fat, (and what is called) “ rear” or underdone meat, are the most nourishing and proper ; spices if agreeable, and pickles. Salt and savory meats may be allowed, and are frequently *required* by the stomach. To these may be added

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\* Sir Richard Jebb, generally ordered for his consumptive patients, a broth made by pouring a gallon of boiling water over a chicken!! This absurdity would have been prevented, with advantage to both, if the physician had been obliged to swallow his own broth, while the patient eat the chicken properly dressed. The doctor also gave bread tea for a weak stomach! Could this communicate strength? It was, and must be rejected, while a spoonful of mulled wine will remain, because it can and does communicate strength, and enables the stomach very soon to receive and retain more. Thus progressively inducing a healthy and natural action.

butter milk, and that admirably nourishing substance, called in Devonshire *clotted cream*.\*

*Wine and water*, common draught, or bottled *porter*; good mild *ale*, home brewed, and not too new or fermentible, may be drank in general, with the occasional or moderate and regular use of WINE, (especially *tent wine*,) in small quantities. If they should appear to disagree or excite coughing, (as *every* liquid will sometimes do,) repetition and perseverance will soon overcome the difficulty, and prove the advantage thus gained. No *weak* liquids must be allowed for beverage. *Milk* should be avoided on this account, as very impro-

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\* I have known the plentiful use of *clotted cream* remove a violent cough in two or three days, both in the human subject and in animals; eating as much as the stomach will allow, either alone, in tea, on bread, &c.



per, especially ass's milk; it is too weak. The stomach requires strength which cannot be obtained from weak fluids. Cow's milk is better than ass's, *because* it has more nourishment from its richness and 'strength; but goat's milk is superior to either for the same reason; and the Devonshire *clotted cream* (before named) is preferable to them all. Coffee or chocolate is better than tea. A new laid egg, beat up with wine and sugar, and a little milk, if agreeable, may be taken with advantage, whenever the stomach is disposed for it: vegetables and pastry should be avoided, with all fermentible food, from their want of nourishment, and disposition to generate wind, and induce debility. Every kind of food should be taken in small quantities, and very frequently. The *night* should not by any means be passed without it, when

the patient is awake ;\* that the stomach may be gradually invigorated by constant but not laborious employ : to strengthen, not fatigue. The *quantity* of food is frequently rejected, when the quality would be highly advantageous. The cravings of the patient should be consulted and indulged. The constitution knows its own wants, but the appetite must not be “ palled ” by too long anticipation or expectation, or even with the sight or smell of food, until it is ready for the stomach. Lying down to sleep after eating a meal is highly useful, but it must only be on—not *in*—a bed or sofa. Digestion is

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\* I frequently find it necessary to allow and order a sandwich of ham, anchovy, red herring, &c. even in the night. The stomach will, and does retain, this food, when all other is rejected. Also onions, (or a beef steak and onions,) stewed oysters, &c. with brown stout, or wine.



then undisturbed.\* Fruits, (especially the acid ones, as currants, apples, &c.)

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\* Animals evince the propriety and advantage of this: they almost uniformly lie down and generally sleep, after eating; and experiment has proved it in both the brutal and human subject. A well known physiologist and lecturer fed two dogs of the same kind and size, with an equal quantity of the same food: one of them was allowed to lie down and sleep, which he did immediately, and the other was kept in exercise. At the end of a few hours they were both killed, but in the least painful and most expeditious manner; and upon examination it was found, that in the stomach of the dog which had rested and slept, the food was digested and converted into nourishment, but that of the animal which was exercised, had not digested much more than *one third* (*i. e.* less than half).—MERCY in experiments is essentially necessary to their success; for needless, and especially lingering pain—produces such an *alteration* in the state of parts, from derangement of function and other effects, that *erroneous* conclusions must be the result; and these must be dangerous, because FALSE and *deceptive*, as numberless *such* experiments have proved by the ABSURD *theories* and FATAL *practice* founded upon them; in every respect—being as false in philosophy, as immoral in practice.

CRUELTY

are very useful.\* Amusements and exercise should be sought : the mind and

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CRUELTY is always inadmissible, and will never warrant *any* experiment *disgraced*—and indeed destroyed—by barbarity, which not only renders it *useless*, but thus defeats its own end, and produces its own punishment. Also on the human subject the same experiment has been tried abroad. Two malefactors were fed alike nine hours before their execution, of which they were not apprized : one slept that time, the other worked. They were then executed, and on being examined, the first had digested his food ; the other not one-third of his. This latter fact was mentioned to me after stating the former one, in a lecture on the subject of “ DIGESTION.”

On the subject of “ Cruelty to Animals,” I would beg leave to refer to various papers in the Literary Panorama for 1806, *et subseq.* under the head ANIMAL’S FRIEND, where, among many other remedies to prevent or punish the abuse of animals by cruelty, the ADVANTAGES of pithing oxen, sheep, &c. for slaughter, by dividing the spinal marrow, where the neck joins the head, (as practised in other countries,) with a *strong double edged knife*, is earnestly recommended. It would prevent pain, save trouble, time, and improve the meat for sale and taste, &c. and a reward is proposed to such as should excel in this way, which our butchers would soon do.

\* A case of consumption cured by eating ripe cur-

body require this; but *fatigue* must always be avoided. This very important rule is much neglected, and the exercise is frequently continued until fatigue *has* commenced: so that the increase of it, before the patient can return home and rest, is highly injurious. It increases the evil it is intended to remedy. The swing, a boat, walking, riding in a carriage, or on a horse, may be adverted to according to the patient's choice and strength; always avoiding excess, and choosing a mild, warm day, with an invigorating air, without dampness or moisture of any kind. Easterly, and north-easterly

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rants in large quantities, (a quart or two daily,) is related by Mr. Stuart, of himself, in the Literary Panorama, vol. i., p. 573. Apples are also excellent, and an excellent drink is made by roasting apples, bruising them, and pouring boiling water over them: when cold, add wine, and sugar to the palate, and drink freely.

winds, are singularly hurtful. Change of air seems to be less necessary than is supposed, but the bed-room and cloaths should be well ventilated daily ; and the patient should not remain in the bed-room during the day. Warm cloathing should be worn, as calico for shirts, &c. which is far preferable to linen ;—and flannel, either under or over it (as agreeable) round the chest. The body should never be suffered to *feel* cold. Observing this rule, the patient may please himself. For this reason and others, he should never be in a room covered with oil-cloth, sitting upon one is dangerous. The patient should never be exposed to sudden changes of air, or heat and cold. When the morning perspirations begin, the bed-cloaths must be lightened ; or if it is not too early, or too cold, it is better to arise and dress, laying down *on* the

bed if necessary. When the feet swell, use a foot-bath of brine, or vinegar and water. The pain in the chest may be much relieved by the use of stays in women ; or a bandage rolled round the chest, as tight as is agreeable, as in the case of fractured ribs. I first observed this in a young lady, whose experience and acute observation furnished me the hint, since found so advantageous.

The MEDICINES must likewise be of the most strengthening kind. Avoid *every* debilitating means. The disease has too much of this to make it necessary for recovery. Violent evacuations are to be zealously avoided ; of these BLEEDING is the *worst ! when patients are BLED, their death warrant is signed with their own BLOOD* ; medicines of the cordial, bitter, and tonic kind, are most useful. Mineral tonics are also highly efficacious. Stimulants,



when allowable, strengthening and resinous gums, opiates, blisters, and warm plaisters, the cold bath, &c. are highly important. The Iceland moss in decoction (as a bitter mucilage) is useful: and especially the prepared conserve or jelly of it, as uniting the nourishing properties of sugar with it. By these means the natural indications and wants of the constitution are supplied, time is gained, (always important and desirable,) relief certainly obtained, and the cure, if at all, insured, by the lungs recovering their proper action and natural state. Before the lungs are affected, the cure is proportionally *more* easy and certain.

When the symptoms arise from *internal* BLEEDING, as from the nose, lungs, &c. the *same* treatment must be pursued. Avoid *bleeding*! If loss of blood would cure, the very cause of the dis-

ease would *prevent* its existence. In all such cases, there is *not* too much blood, but the vessels are too weak to hold it. They do, and necessarily *must*, partake of the general debility, and therefore require to be strengthened. In all such cases, therefore, where the constitution has not a *sufficient* supply for its own wants, there can be no superfluity to spare ; hence the secretions *must* be deficient : a circumstance usually overlooked, though important, and especially in FEMALE habits. This natural and obvious *effect* of the disease is as generally as erroneously regarded as the *cause* ; restore the strength, and the healthy actions will follow. To expect the contrary is absurd.

Many persons have thought *consumption* contagious and hereditary : it has never appeared so to me ; nor is it more singular that several individuals of one



family should suffer from it than from any other complaint, (as fever, &c.) when they are equally exposed to the causes which excite it. That the *finest* women are the *most* subject to it, is certain; and for the most obvious reason. They are generally the weakest, and most delicate, susceptible of debility, taking cold, &c.; and more especially from exposure in thin cloathing, to night air, or sudden transitions from heat to cold, and every other cause that contributes to weaken the system; and as the WOMEN of the BRITISH ISLES are universally allowed to rank among the *first* and *most beautiful* in the WORLD, so THEY—the *most* obnoxious to this,—are their envious and inveterate enemy!

These observations, with what has been said, it is hoped will be found *practically* useful. They are founded on *experience* and the indications of

nature ; and are supported by the best observers of that unerring guide, unwedded to theory, unfettered by systems of partial and defective reasoning ! The plan recommended was first tried upon myself, and its success warranted the practice which has been ever since adopted with an effect beyond every other, as the “ CASES” published will evince. They might be easily multiplied to prove this, was it admissible here.

#### AUTHORITIES.

But in order to evince that these observations *are* founded on nature, and supported by the most accurate observers of her laws, some authorities shall now be adduced to prove the truth of the assertion.

HIPPOCRATES says, in his fourth aphorism,—‘ a slender and delicate diet is always *dangerous* in lingering dis-

eases.'—and—'diet reduced to extreme slenderness, is as full of *peril*, as extreme repletion.\* —aph. 5. The sick may offend in a slender diet, and thereby grow *worse*.—aph. 22. Diseases which proceed from evacuation, (*i. e.* debility,) are cured by repletion (*i. e.* fulness). Contraries are the *remedies* of contraries.† CELSUS observes, (in his 15th aph.) Hippocrates said, that HE must needs succeed well in cures, that considers and understands such things as are *common* and *proper*.‡ —aph. 38. Whatever is *contrary* to custom is hurtful, whether it be hard or no.¶—aph. 24. In BLOOD LETTING (!) the physician should not so much consider the age,

\* The aphorisms of Hippocrates, and sentences of Celsus, by Dr. C. J. Sprengell. §1. p. 4, 5.

† Sec. 2. p. 27.

‡ Ibid. p. 237. aph. of Celsus.

¶ —. p. 250.

as the *strength*, of the patient;\* and even where *it is* attempted, he adds (aph. 31.), if it be red and pellucid, it must be *immediately* stopped.†” Observe this caution, “even *where* it is attempted,” as if he foresaw the evil, and dreaded it—adding, that certain appearances should indicate its being stopped *immediately*. It shews HIS opinion of bleeding, even in such extraordinary cases, as were merely possible; and its fatal effects; since the appearances which he names for stopping it *immediately* he knew to be *usual* in consumption.‡ The best medicine is to give

\* Sec. 10, p. 271.

† p. 277.

‡ The *nature* and *appearances* of THE BLOOD are by no means sufficiently well understood, or its supposed indications of *inflammation* (—which, however, cannot be ascertained till after it is drawn away, though ever so hazardous and improper—) would not be so *indiscriminately* applied and confounded. For

MEAT at fit times.\* — aph. 9. One thing to be *always* observed, is, that the physician consider the *strength* of the patient ; if any *weakness* is to be feared,

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the *same appearances* of inflammation from what is called the “ buffy coat,” are assumed in PREGNANCY, as in CONSUMPTION and *other* diseases, now thought, called, and treated, as inflammatory : but which arising from the IRRITATION of the system—*mis-*named fever and high action—has been so uniformly fatal. The former cannot be called a *diseased* state, for it is allowed, that women are then in the *best* health, and escape most diseases : and CONSUMPTION is evidently a state of debility. Hence the folly, danger and absurdity of bleeding in either case : as in PREGNANCY *more* blood is required than at any other time, because there are *two* bodies to support : and in CONSUMPTION the patient is destroyed for want of strength. In PREGNANCY, bleeding induces miscarriage, and other effects of debility in the mother, or lays the foundation for a weak and diseased constitution in the child, by depriving it of proper nourishment : and in CONSUMPTION it defeats its own end, and produces its own punishment in death—by increasing, and, therefore, hastening, the effects of the disease.

The PRINCIPLE, therefore, is fallacious, because erroneous and deceptive ; and the PRACTICE not only dangerous, but *fatal* !

\* Aphorisms. p. 288.



he MUST allow *meat*.—aph. 10. According to ASCLEPIADES, we ought to set before the patient *several sorts* of meat, when he does *loathe* his meat, and has but little strength.”\*—aph. 23. That these men WERE observers of nature, no one will deny: *their* practice, and *our* source of advantage, is alone derived from thence. And that their opinions are perfectly consonant with what *has been* advanced, it is presumed is evident.—Other authorities shall be adduced. DR. FRIEND, speaking of ALEXANDER, a medical writer of great celebrity, mentions his great character of *Jacobus Psychrestus*, as a man “very eminent” in philosophy and physic; that he had “*great experience*,” and did many wonderful cures;” but adds, “in surgery he seldom made use of fire, (*i. e.* the actual cautery,) or

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\* Sec. ii., p. 296.



knife, and was *no friend to BLEEDING*.”\*  
 DR. CLIFTON, speaking of GALEN, says,  
 “in HIS practice he was much influenced  
 by two maxims; the one was, ‘that a  
 disease ought to be got the better of by  
 that which is *contrary* to it;’ the other,  
 ‘that nature ought to be preserved by  
 something a-kin to herself.’† Both these  
 were taken from Hippocrates, the phy-  
 sician, of all the ancients, that he stuck  
 the closest to.”—(See the aphorisms of  
 Hippocrates, quoted above.) But Dr.  
 C. adds, “*he had the ill will of the faculty  
 who plagued him.*” BAGLIVE is also  
 mentioned as being as great a physician  
 as *ever the world saw*, in the art of  
 knowing how to cure diseases, in the  
 plainest, quickest, and *most natural*

\* Dr. Friend’s History of Physic, vol. 1, on the Greek writers, p. 126.

† Dr. Clifton’s State of Physick, p. 84, of the Romans.

way.\* His *greatness*, therefore, depended upon his following the indications of *nature*, which consequently led him the *plainest* and *quickest* way to the cure. DR. BARKER, speaking of Hippocrates, says, “did we imitate HIM we should have much clearer notions of the method which ought to be pursued; for a physician *ought* to IMITATE NATURE; and it is of more consequence for him to know her operations in *fevers* than their cause.†” The want of this knowledge in the fever or irritation of consumption—where its *nature* and *effects* have been so much misunderstood,‡ has been the foundation and cause of the fatal practice

\* Ibid. p. 127.

† Dr. Barker’s Essay on the agreement between ancient and modern physicians, p. 46.

‡ Dr. Heberden very justly remarks, that the *nature* of HECTIC fever is by *no means* understood. See his Commentar. Hec. fever.

so uniformly employed, and the same may probably be said of fever\* in general. He adds, “NATURE is the primary agent in the cure of diseases: it is the duty of *every* physician to *follow* the road pointed out *by nature*, or act in *subserviency* to her dictates.”† Observe, in *subserviency*, and not *opposition* to her dictates. DR. RADCLIFFE, who always ranked among the most eminent physicians, arrived at that eminence *only* by taking NATURE *for his guide* in every thing.‡ “BLEEDING, which some physicians are *now* so fond of, was *seldom* used by HIPPOCRATES.”§ The *plan of* NATURE, which Hippo-

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\* If this was not the case, how came the *natural* mode of cooling heat, by the ablution, effusion &c., of *water*, recommended by Dr. Currie, of Liverpool, to be as long and generally disregarded, as it is now proved to be successful and natural? See Dr. Currie's Reports, 2 vols.

† Ibid. p. 58.

‡ Ibid. p. 74.

§ Ibid. p. 88.

crates founded his method on, gained him the reputation of being the *inventor* of RATIONAL *medicine*.”\* GALEN says “NATURE is *never forgetful* of her office.”† It was the doctrine of SYDENHAM as well as HIPPOCRATES, that “NATURE cures diseases.”‡ He took HIS indications, “*not from the NAME but from the NATURE, degree, and kind of the disease;*”§ and speaking of the inflammatory fever, on which he wrote, he says, “if we obstinately persist in these evacuations, till *all the symptoms are entirely* got better of, DEATH *often-times* will be the patient’s only cure.”||

\* Dr. Currie’s Reports, p. 147.

† Ibid., p. 157.

‡ Ibid. p. 180.

§ Ibid. p. 181. How much modern nosologies (in their fallacious arrangements of diseases) have *extended* and *confirmed* the error here opposed, every practioner must know and lament, being founded on partial and fallacious theories.

|| Ibid. p. 187.

How often *this is* the case in consumption, daily experience proves ! ETMULLER says, “ *Purgation*, BLEEDING and *issues* are of NO USE in *curing consumption* ; the *first* is *pernicious*, the *second* NEVER ALLOWABLE ; and the *third* only used in compliance with an exploded fancy.\* The “ FOOD of consumptive persons ought to be such as yields a substantial glutinous juice.” He also recommends “ SWEET WINES.”† The justly celebrated and excellent HALLER says, “ It appears to *me* that ASSES’ MILK *seldom* produces what is required.” The importance and *truth* of this remark which is so fatally experienced by CONSUMPTIVE patients, demands the greatest attention, both from themselves and others ; especially their medical attend-

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\* Etmullerus abridged, p. 254. 8vo. edit.

† Ibid. p. 257.



ants. And DR. MEAD says, “ a MILK *course* is liable to some caution.” He mentions some cases—one of which is “ acute” (or active) “ fever,”—as that of consumption *has been* reckoned, “ where-  
in it ought *always* to be deemed a—POI-  
SON!” and adds, that when the *preference* is given to ASSES’ MILK, it is *less nutritive*, and that “ often from laxity” (or weak-  
ness, which is *always* present in CON-  
SUMPTION) “ milk cannot be borne.”\*  
These authorities should be well con-  
sidered by those who are fond of recom-  
mending asses’ milk, which Baron Haller  
says, *so seldom* answers the purpose  
intended by proving useful: and Dr.  
Mead, the great “ caution” and care  
requisite in the use of it; even adding,  
that in those very fevers where common

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\* Mead’s Medical Works, p. 359. *Hectic Fevers*  
Edinburgh edition, 1775.



practice ranks those of consumption, and is the very reason why a *milk* diet is recommended—"it is to be deemed a POISON!" and that when "ASSES' milk is preferred," which it always has been expressly on *this* account, it is "*less nutritive*;" so that the very reason why it has always been recommended, is the very ground upon which he objects to it. A proof how HE regarded the practice; and at the same time how much it must have *contradicted* his own, in every case of "*laxity*" or weakness, where he says, "milk cannot be borne." How *improper*, then, and *dangerous* must it be in those cases where this laxity or weakness is the cause and foundation of the disease? especially in CONSUMPTION; where, on this account, it must be a POISON! Indeed, as inimical and fatal as its weak nature can make it. Where, every thing that is *the reverse* is

required—to restore the strength of the patient. Of BLEEDING, Dr. Mead admits that, “it may possibly be thought a RASH practice to draw blood, *even when the patient is WASTED in his flesh, and very weak;*” and speaks of it only as “a *doubtful* remedy;” which, at the best, *may* be “better than NONE.” He also cautions against “*the* MISTAKES” made from the *inflammatory* APPEARANCE of the blood.\* As, therefore, it is evidently a RASH practice, in all SUCH CASES OF DEBILITY, it MUST be equally dangerous, and therefore prove, as it always has done, infinitely WORSE *than none*, because it not only *opposes* and *prevents* the salutary efforts of nature, but *absolutely* DESTROYS them, and is so far from

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\* Mead’s Medical Works. See also note 7, p. 24, on the *fallacy* of this appearance, and the dangerous consequences of depending upon it.

being sanctioned by the *appearances* of the blood; upon which it has *always* been founded—hitherto, (because they have been *supposed* to be inflammatory) that the most fatal consequences have been produced: and therefore Dr. M. very properly cautions against “the *mistakes*” made from “these appearances;” which indeed very commonly exist in the best states of health, as in PREGNANCY, where they uniformly prevail.\* Dr. MORTON says, “BLEEDING

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\* On this subject it is requisite to mention that pregnancy has naturally a remarkable and inherent power of intercepting and delaying the progress of consumption, although the disease generally advances very rapidly afterwards. This has been thought a very singular circumstance, and difficult to explain; and even regarded as inexplicable, as if it arose from some peculiar law in the constitution, then excited, and called into action. But it is very easily and naturally explained by recollecting that the support which is given to the lungs, mechanically by pressure, as the pregnancy advances, and the *sudden* and

is *condemned* in a *confirmed* CONSUMPTION.\* DR. FALCK says, “there is no remedy *more pernicious* than *injudicious* BLEEDING!”—“As I value the LIFE of my fellow-creatures, I would, (says he) *at all times caution* them AGAINST it: being persuaded that *more* have LOST THEIR LIVES BY THE LANCET, than by sword and pestilence:” and “if the solids are but *weak*, and the blood *poor*, we only *augment* the evil by BLEEDING, which we would wish to remove, as thereby *the* SYSTEM *becomes* WEAKENED, and not able to discharge

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*total* removal of it immediately after delivery, is the obvious cause and nature of these effects. In such cases, therefore, the *pressure* and *support* should be artificially imitated and continued by the use of stays or bandages, which are employed for the same reason after the operation for dropsy, and may prove essentially beneficial. A plan I have uniformly recommended with success. See also Note 7, p. 24.

\* Dr. R. Morton's Phthysiologia, p. 77.

itself from the obnoxiousness it is encumbered with, and thus PROVES *the very destruction it was intended to remedy* :”\* and, he adds, “ Bleeding is *hurtful* when the body is in *sweat or perspiration*.”† That the “ solids are *always weak*,” and the “ blood *always poor*” in consumption, is sufficiently evident from the very nature, appearances, and progress of the disease ; founded as it is, in those very indications of general and universal debility : and that the mischief and danger produced on the system when subject to the farther ravages of that “ sweat or perspiration,” which forms so common an attendant on consumption, must be proportionally *greater*, is abundantly evinced.

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\* See Dr. Falcks Medical Instructor, p. 55-6, on *Bleeding*.

† Ibid. p. 58.



That these observations *directly* apply to consumption is sufficiently obvious ; and, indeed, the present dangerous and obstinate partiality for BLEEDING reminds me of the observation of an honest Irish practitioner, a rigid disciple of the old school, who, in a conversation with me on this subject—respecting injuries and diseases of the lungs—very seriously and earnestly remarked, “ *My dear Sir, you MUST bleed them, for THE ONLY WAY TO SAVE A MAN’S LIFE, IS TO BLEED HIM TO DEATH;*” an observation not at all more absurd or contradictory, than the present practice.

With *such* PRINCIPLES and *such* PRACTICE we cannot be surprized at the number of those votaries, who, (as the ancients would say,) are thus constantly retained and employed by these, her *priests*, in the service of *the goddess*



of COUGHING !\* for if her TEMPLE is at TIVOLI, her seat of empire is—in ENGLAND !

Doctor SYDENHAM says, “ When I am called to patients whose blood is weak, I *forbear* bleeding. Truly, I *know well*, that those who are injured by bleeding are *sometimes* restored by CORDIALS ; but *prevention* is BETTER than cure.”† Observe here the *uncertainty* the Doctor attaches to the word “ *sometimes* ;” because it may *possibly* happen ; which he says, “ he knows well,” (lest others should think he had

\* It is well known that the ancients erected temples to diseases, as fever, &c. ; and the Rev. Bryan Hill, in his “ *Journey to Sicily and Calabria*,” says, p. 287. “ Near *Tivoli* is a small round TEMPLE, dedicated to—the Goddess of COUGHING ! How many such goddesses have we ? subject to the disease, but not immortal !

† Works of Dr. Thomas Sydenham, 15, 8vo. edit.

forgotten it,) but so far disapproved as to be decidedly *against* it; at once, judiciously preferring the "*prevention*" of *such* inevitable hazard and danger, to the risk of, *such*—a cure! for that the blood of a consumptive patient is *always* weak, is sufficiently obvious from its EFFECTS on the general habit and constitution. He adds, "That—it is practice, and that alone, *helps* the sick, which draws its curative indication from the *very phenomena* of the disease, and *confirms* them by experience; thus Hippocrates obtained his height. Was THIS *done more*," he adds, "the art would have acquired more skilful men than now; nor would it be degraded, though the common people might have known one or two common diseases, for there is more subtlety in nature than in any medical hypothesis; the art

which NATURE teaches, more surpassing an ordinary capacity.\* We should have a *greater* regard," continues Dr. Sydenham, "to the earnest desires of the sick, than to the fallacious rules of medical art. Impertinent art *opposes* longings, *pronouncing* death the consequence. In all these, any one, if he *seriously considers*, will grant that many patients have been better AFTER *leaving their physicians' precepts, and following their own inclinations*; nor wonder, considering their wise CREATOR, has ac-

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\* Works of Sydenham, p. 237. On this account it is, that we have so many *Theories* of Diseases—so few that are natural and practical. The first requires only a few hints, ingeniously *dis-arranged*: but the latter—a comprehensive, correct, and uniform, view of ONE GRAND WHOLE of nature: from the observation and experience of her general conduct, and (real or apparent) varieties in her operations on the human body. The *difference* between these—with their cause and effects—are sufficiently obvious.

*complished the whole* with such exactness ;\* for Hippocrates says, “ It is to no purpose to do any thing *contrary* to nature’s inclination.”† Every day’s

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\* Works of Dr. Thomas Sydenham, p. 281.

† Ibid. p. 322. Also, see some remarkable instances, in a very entertaining work, intitled “ *Struggles through Life*,” by Lieut. John Harrot, Vol. I, p. 155, et seq. Where the gratification of longings was so evidently essential, and the refusal so fatal, that the officers of a regiment abroad associated to oppose the medical men in all such cases.—Another case, mentioned to me by a physician, who knew the patient, was cured by drinking *Madeira Wine*. He particularly and earnestly desired it : was indulged by his friends : found relief, and by continuing the regular and moderate use of it, with nourishing food, &c., from which he had been debarred—was cured. Another case, of a lady recovered by eating *oysters*, after she had been almost starved, and left by her medical attendants. This was mentioned to me by a lady who knew her. Her cravings were for food, the constitution required it. She was indulged and recovered. A very common cause of recovery, in opposition to the present dangerous mode of treatment ; and sufficiently accounts for the recovery of patients *left to themselves*, and allowed to eat what they please. Nature directs the cure ! The *fatal*

experience proves the truth of this, in almost every disease, and numberless improvements have been founded upon it. Mr. John Pearson observes, "If a man attempts to learn the science of healing in any other way than by going from his study to the bed-side of his patient, and returning from thence to his study, he will find himself mistaken :"\* and he emphatically adds, "Even studious and thinking men seem to bestow more pains to collect particular facts, than to generalize them on scientific principles."† The truth of this remark is obvious, since every person must have found, that attention and observation, study and practice,

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effects of NOT noticing and indulging these indications, until *too late*, are *perpetually* recurring.

\* Pearson's Principles of Surgery, part 1st, pref. p. xii.

† Ibid. p. xvi. Also, see the note at p. 41.



(OR REFLECTION and EXPERIENCE,) are the only successful foundations of medicine. Speaking of EXERCISE, Dr. Sydenham says,\* “that he regards *riding* as a specific in consumption, on *horseback* chiefly beneficial; yet journeys in a coach very beneficial.” FULLER says, “The easy exercise of riding introduces a new habit into the lungs of a consumptive patient;”† and adds,‡ “but he that would have his life for a prey, must hunt after it, and follow his blow till he subdues his enemy, and will then *experience* the happy effects of the good old direction *Recipe Caballum*, finding the English had the most noble medium of recovery from a distemper, which we have too much reason to call English.”§

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\* Works of Sydenham, p. 327.

† Fuller's Medicine Gymnastic, p. 73.

‡ Ibid. p. 106.

§ It is not exclusively, though *more particularly*



Dr. CULLEN, speaking of “ the exceeding difficulty” of curing consumption, says, “ It may be doubtful whether this failure is in our *art*, or the *NATURE* of the disease.” He adds, “ I am *extremely* averse to *admit* the latter, and can *readily* allow the former ;”<sup>\*</sup> and concludes with this opinion, which, from such a man, must be decisive against the supposed *impossibility* of a cure. “ I *do not despair* of a *REMEDY* being found hereafter.”<sup>†</sup>

That these rules are founded on nature is obvious ; that their authors are eminent is certain. Many more authorities might be adduced, not only

so. Every climate and country suffers from the ravages of this fell destroyer; patients often returning with it from the East and West Indies, Russia, &c.

<sup>\*</sup> Cullen’s First Lines, (4 vol. edit.) vol. ii. p. 446-7. Cure of Consumption.

<sup>†</sup> Ibid. p. 453.

to prove the absurdity and danger of the common treatment, but the superiority and advantages of the natural are recommended, even from the writings of those who have advanced and enforced the contrary: so powerfully do the natural and obvious claims of the constitution overcome every opposition, even of science and abilities, when thus unhappily perverted; and happy indeed is it for mankind that the general face of medicine is now *beginning* to wear another aspect, as modern practice and publications may be shown avowedly, though *indirectly*, to evince. And although *so much* of the *unnatural* opinions and practices remain, and so many medical prejudices long cherished, yet, by the allusion to exceptions, and the proposal of deviations from the general rule in other cases, it evidently appears that the only natural means of

restoration and recovery will at length prevail.\* In the mean time, however, PATIENTS have to *lament* the want of that *decided*, and only judicious, obedience to the obvious nature and laws of the constitution, which has consigned so *many millions (!)* to the jaws of death! by encouraging a disease that is consuming its *thousands*, even DAILY!!

It also affords a very remarkable coincidence, and proves the uniformity of nature in all her operations as one grand whole; that the new medicines which have been lately introduced or revived in practice, and so much ex-

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\* The late Dr. Hugh Smith, so successful as a practitioner, was so convinced of the folly and danger of debilitating means, that he not only avoided bleeding, (see his *Practice of Physic*, end of the Preface,) but he gave tonics (bitters and steel,) so generally, that he had his prescriptions engraved, to save trouble by only filling up the doses, and one of these engraved prescriptions I have.

tolled for their success in consumption, as the *Foxglove* (or digitalis, a very old and common country remedy,) &c. and called sedative (or depressing,) are uniformly found to be highly *stimulant*, or invigorating, as I have always found on myself and others—their FIRST action, when minutely watched and ascertained, being to excite or *quicken* the pulse,\*—and thereby alone rendered beneficial

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\* On this account it is, that stimulants *alone* are generally improper and injurious. They excite and exhaust the patient; and this in exact proportion to their power, and the length of interval between their doses. If large and seldom, prostration of strength to excess—if small and frequent, less exertion and continued effect: as is to be found with all stimulants, (opium, tobacco, &c.) TONICS, or strengthening medicines, are, therefore, necessary to be given with them: and they also increase and improve the effect of tonics. *Foxglove*, (or digitalis) therefore, united with tonics, either vegetable or mineral, (as bitter infusions, or tinctures, steel wine, tenet of iron, &c.) will be proper and useful in *this* and *all other* diseases of DEBILITY!

in relieving a disease founded in debility ; but this stimulating power being so great soon produces its effect, and is as immediately followed by its *secondary* consequence of debility. The first action, therefore, being overlooked, and the secondary effect regarded as the *primary* one, the medicine was said to produce direct, instead of indirect, debility : and called a sedative instead of a stimulant ; the advocates, therefore, for the old doctrine of consumption, and who wished to find such sedatives in nature to counteract what was called “ high action,” were necessarily led to form opinions that favored their views of the disease, and the remedies it required ; for, that they *saw* it was only to be cured by “ contraries,” (as Hippocrates calls them,) is evident, by what has been said of the opinions received. One step further, therefore,



would have led them to the NATURAL *opinions* of the disease, and, consequently, to the real ones of the remedy, in consulting the obvious *nature* of both. Vigilant attention and just reasoning would have detected the error, and cured the disease. The mode recommended, therefore, is thus evinced to be the *most natural remedy* for CONSUMPTION—being founded upon the nature of the disease. If, then, such a natural plan *does not* succeed, a contrary one CANNOT. If this *sometimes* MAY fail, the other *always* MUST, because it is in direct opposition to the very nature and tendency of the disease; the disadvantages, therefore, of a late application to *proper* remedies in a complaint, where, as Dr. Mead says,\* “it is of the utmost consequence to

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\* Mead's Works, p. 360.

attempt the cure of this dreadful disease EARLY," cannot apply to the mode of treatment itself—but to the want of it—as a defect ; since even here, and under any circumstances, it will, and necessarily must, be found *more effectual* in affording relief, than any other can possibly prove, from the obvious tendency of *such* remedies in *such* a disease. And where death is *inevitable*, is there no advantage in *smoothing* its passage ? and is it not desirable (for how many have wished for it in vain !) to harmonize the feelings and jarring struggles of the constitution, where *nothing else* can be done ?—Is it not EQUALLY *advantageous* to the patient, and *consolatory* to the surviving relatives ? Will it abate no pain in the sufferer—soothe no tear for the relation or friend ? What would not an affectionate heart give to delay, even for an hour—to mitigate but one single

pain of a beloved and patient sufferer, extended before them, on the couch of pale and emaciating disease?—and from whom they are so unwilling to receive the last—sad—final adieu, that must separate them—in this world—for ever!

It may therefore be permitted—it is presumed—to participate in the gratification afforded by the authorities adduced, from the recollection that what I proposed in 1801, (when “The Cases,” &c. were published,) was ascertained *before* having read their works—but while influenced, it is hoped, by the *same* motives with themselves. Such additional testimony, therefore, powerful and unanswerable as it is, needs not be lost, either by myself or others. This, added to the general success of the means, (first employed upon myself,) and the adoption of them since by others—who have assured me they found them more suc-

cessful than any other mode ;—though I had not the honor of knowing them, but from their communications to me on this account—leaves me much, gratefully to acknowledge.

Much yet remains to be known ; and I rejoice to think, that the investigation has *begun*.\* “ The office of the lungs, as Paley says,† may not be fully understood.” And indeed it certainly is not. The late experiments of Dr. Davey, and others, seem to evince this:‡ nor are their *nature* and *powers* sufficiently known or ascertained : they are often *confounded*, and even *denied*. Their very *texture* and *operations* require far-

\* A Surgeon major in the army who has particularly attended to this subject, assured me, that he generally found the *Foramen ovale of the heart*, OPEN in *consumptive patients*; and I have also seen the same.

† Paley’s Natural Theology, chap. x.

‡ Davey’s Experiments on air and respiration, at the Royal Institution.

ther examination: and without these, their diseases, and especially CONSUMPTION—in all its sad variety of stages—will want the explanation they require. All these inquiries are the *more* important, because they involve, and have hitherto directed, the *practical* treatment. Erroneous opinions of the lungs here, (in their physiology,) necessarily leading to false, and therefore dangerous, conclusions in practice. One of these, indeed, respecting their motion and natural action, has led to the absolute *denial* of the positive fact, viz., that they possess the power, in common with other parts of the body, *of healing* and repairing their own injuries;—as is frequently seen in cases of wounds, abscess, &c., in the lungs.\* But why should

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\* Some very remarkable cases of this self-healing power in the lungs have lately occurred under the care of two physicians at public institutions.



THEY not have this power? and *what* prevents it? That the *motion* of the lungs will not prevent this union or healing process is certain, from the *same* circumstances NOT producing the *same* effect elsewhere, as in the intestines, &c.,\* or ALL injuries *must* be fatal

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\* A well known surgeon and lecturer, once asked me, "How the lungs could heal themselves when they were in motion?" I replied, "How can the intestines do it? He was silent, for he had just before given his *affirmative* opinion on a case then under his care. Some time afterwards, he inquired of me, "if I had *ever* failed in curing a consumption?" I asked, "if he *never* failed in surgical cases?" He answered "Yes, certainly." "Then, said I, so do I in consumption: and for two very obvious reasons: one is, the causes and circumstances of some *make* them incurable: the other, the patient delays and neglects the case too long; often till near death, when *relief* is all that can be given; which you have known. In other cases you also know they *have* recovered. And in a disease, called *incurable*, even one recovery would prove the *superiority* of the plan recommended, in the restoration of the strength, &c. But *such* questions, I added, I think, should not be asked by you." — He understood me, and remained silent!

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in those parts where *rest is unnatural* ;  
 which is the case not only in the lungs,

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On the subject of *opium*, also, a well known physician and lecturer, once expressed considerable surprize at my naming, in a public society, some opinions respecting this invaluable, but imperfectly understood, medicine, which I had delivered in my lectures—the result of experiments *on myself*—viz., that its doses and management might be so regulated as to produce the most *apparently* opposite effects, as of sleep, or *watchfulness* ; of an astringent, or *cathartic* ; of debility, or the *violence* of power ; of rest, or *pain*, &c. ; and much wished to know where such wonderful opium was to be bought ? But two years afterwards, this worthy gentleman *modestly* delivered, in the same society, the *same* opinions as HIS OWN—unacknowledged ; happening to be present, (though unknown to him,) I immediately congratulated the Dr. on having now discovered where *he* could buy such wonderful opium !—and I understand that he as *honestly* delivers the same in his lectures ;—with what *candor* and *liberality* I need not say. Indeed I can assure him, that a prosecution of my experiments has afforded results not less surprising to him : for it can effect relief in *dis-eases of the liver*, without *one grain of Currie powder* ! or becoming *the high priest of Cloacina* ! inspecting, with zealous care, her *ordure-iferous* vases of ancient perfume ! ambitious of a mythological apotheosis !

These .

but other parts of the body to a certain degree, as the brain, blood-vessels, &c., where we know that the healing process is uniformly carried on when necessary.\*

There are also other states of the

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These notes are addressed, (as the much-injured Mrs. Robinson would say,) "to those who can best understand them;" none others *can* disapprove, or *will* apply them: one may remember that the open candor of an honorable man should supersede the necessity of private *sneaking* injuries, and being ashamed of avowing real intention;—and the other, that the urbanity and suavity of the scholar, and the gentlemanly physician, are far better recommendations than the petulant irritability, which disgraces and defeats its own end.— Thus, I trust, I have repaid my debt of obligation!—and concluded according to the general usage of our *liberal* profession (!)—in *regular* practice, with—ADVICE GRATIS! Should I receive more—*such*—obligations, I will endeavour to be GRATEFUL!

\* I have seen a work on CONSUMPTION, where the author professedly shews the folly and absurdity of denying this power of healing to the lungs of a consumptive patient.

LUNGS, and diseases connected with them, as asthma, dropsy, &c., that are founded in debility, and which are frequently combined or confounded with *consumption*. These are commonly called “a complication of diseases;” and said to embarrass the treatment by the opposite nature of the different complaints that exist. But all such, having one common source in *debility*, either partial or general—the judicious management of the same plan of treatment is equally proper and beneficial for each and all of them.

It shall only be added, that FULLER,\* pronounces a very high eulogium on the use of certain HERBS; as *colts-foot*, *liquorice*, and *comfrey*—drank as tea: “The latter,” he says, “is never enough to be

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\* Fuller’s Med. Gymnastic, p. 82, 86, 94.

valued." I have tried them with advantage, and known many others do so;\* and mention them not only as useful, but because I think we overlook some of the *best* HERBAL remedies, and *probably* a *specific* for CONSUMPTION! Be-

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\* All these HERBS are *bitter*, and act as TONICS, by increasing the appetite, strength, &c.: thus agreeing with the plan recommended, and affording another *natural* proof of its propriety, by the coincidence. Their good effect seems to be increased by the addition of *honey*, *treacle*, or moist *sugar*, which improves their *quality* as well as *taste*, from the nourishment afforded by the saccharine matter they contain. They also prevent the confinement of the bowels. I know some persons who recommend an infusion of *centaury* (another bitter herb) sweetened with honey, as a sort of specific in coughs, from what they have seen: and a tea-cup full is to be taken every morning, fasting. And there is a person at Bristol, said to have acquired great celebrity by his success in curing coughs with a decoction of *comfrey*. This principle is also extended to (other) inanimate substances; as the EDIBLE NESTS of the *Saligan bird in Cochin China*, evince, by their nutritive and cordial powers; and for which they are so highly esteemed, both as a remedy and a luxury.



lieving, as I do—what appears evident, that PROVIDENCE has graciously supplied *every* country with REMEDIES *for its own diseases*.\* PRACTICAL BOTANY should be added to *scientific*, that we might know the QUALITIES and USES of

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\* A collection of well authenticated and experienced HERBAL remedies, from the country, would be an invaluable acquisition. It is said, that a specific for *ague*, has been lately discovered in Lincolnshire, in a herb which grows there.—The argument *also* applies to animals: for otherwise what resource would be afforded to them?—who now daily evince their instinct in the selection of remedies for their diseases! while domesticated animals, deprived of this choice, are often tortured and destroyed by the mistakes of art for nature.—A gentleman, in Greenwich park, observing a fierce contest between a spider and a toad, determined to watch them. The spider frequently ran away to a short distance, and then returned to the combat with new ardor. He marked the spot to examine it afterwards; and when the battle was over, (the spider having gained the victory, by exhausting the toad with fatigue,) he went to the place of retreat, and found the plant called *plantane*, to which the spider had applied himself, either as a cordial or remedy.

plants, as well as their *names* and *situations*; which would equally *improve* MEDICINE and the ARTS; that they may be sought and found for *health*, as well as *pleasure* and *improvement*, and thus increase our ardor and avidity by *uniting* the advantages of BODY and *mind*, in the combination of utility and elegance—HEALTH and PHILOSOPHICAL *investigation*!

It is supposed that an apology is hardly necessary for amplifying thus on a disease which has been said to “DESTROY TWO-THIRDS *of our population* ;”\* and which, as Mr. Abernethy has observed,† “has *not* met with *sufficient attention*, or its PRINCIPLES been *sufficiently* EXPLAINED.” “*Observation,*”

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\* Besides the human subject, other animals also suffer much from CONSUMPTION, *especially horses, dogs, cats, monkeys, squirrels, birds, &c.*

† Abernethy's Surgical Essays, part ii., p. 156.

as Le Dran says, “is the mother of arts and sciences; from whence most discoveries are derived. To *this* we are indebted for their progress, and by *this* alone they are brought to perfection.”\*

By *this*, therefore, we may hope to succeed; and to this natural foundation we *must* apply — with Hippocrates, and every other attentive and persevering observer of nature in her various—yet uniform—operations; if we hope to lessen the number of those CONSUMPTIVE SACRIFICES, so well described by the Latin poet, where

HECTIC, and *void* of strength, CONSUMPTION  
pale

*Prey'd* on their *vitals*.

Good's LUCRETIVS. B. 6.

In conclusion, therefore, REMEM-

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\* Le Dran's Observations in Surgery, part i.

BER the advice of Hippocrates, that  
“ the *patient*, the *attendants*, and—the  
PHYSICIAN! should *each* DO THEIR  
DUTY!” *must* be studiously followed,  
as the only *probable* means of SECUR-  
ING an effect, so devoutly to be wished  
—by ALL!

FINIS.

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